

VOLUNTARY FASTING

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VOLUNTARY FASTING

TO BE REGULAR AND CONSTANT IN VOLUNTARY FASTING

“I [‘Alqama (ra)] asked ‘A’ishah [ra], ‘Did Allah’s Messenger [saws] use to do extra deeds of worship on some certain days?’ She replied, ‘No, but his deeds were regular and constant. Who amongst you can endure what Allah’s Messenger [saws] used to endure?’”¹

“The Messenger of Allah [saws] did not fast more in any month of the year than he did in *Sha’ban* and he used to say, ‘Take on as much deeds as you are able to for Allah [swt] does not grow weary but you do.’ And he used to say, ‘The dearest of deeds to Allah [swt] are those that a person does regularly even if they are small.’”²

TO MAKE INTENTION TO FAST BEFORE DAWN

“There is no fast for the one who does not intend [to fast] before dawn.”³

“If a man does not intend to fast from the night before he should not fast.”⁴

“None should fast except the one who intended to fast before dawn.”⁵

UNLESS YOU ARE A PROPHET

“The Messenger of Allah [saws] passed by my door. He said, ‘Do you have anything [to eat]?’ I [‘A’ishah (ra)] said, ‘I do not have anything.’ He said, ‘Then I am fasting.’” She said, “Then he passed by my door a second time and we had been given some *hais*. I brought it to him and he ate and I was surprised. I said, ‘O Messenger of Allah [saws] you entered upon me, and you were fasting then you ate *hais*.’ He said, ‘Yes O ‘A’ishah (ra). The one who observes a fast other than in Ramadan or making up a missed Ramadan fast is like a man who allocated some of his wealth to give in charity; if he wishes he may go ahead and give it and if he wishes he may keep it.’”⁶

A WIFE MAY NOT FAST WITHOUT HUSBAND’S PERMISSION

“The Messenger of Allah [saws] said, ‘A woman is not to fast in the presence of her husband without his permission except Ramadan and she is not to allow anyone in his house in his presence without his permission.’”⁷

REWARD FOR VOLUNTARY FASTING

“There is a gate in Paradise called *Ar-Raiyyan*. Those who fast shall be invited into it and whoever was among those who fasted then he will enter it; and whoever enters it he will never thirst again.”⁸

¹ Sahih Al-Bukhari 1987

² Sahih Muslim 2723 [177/782]; Sahih Al-Bukhari 1970

³ Sunan An-Nasa’i Sahih 2338, 2339, 2340, 2341, 2342

⁴ Sunan An-Nasa’i Sahih 2344

⁵ Sunan An-Nasa’i Sahih 2345

⁶ Sunan An-Nasa’i Sahih 2325, Hasan 2324; Jami’ At-Tirmidhi Sahih 734; Sunan Abu Dawud Sahih 2455; Sahih Muslim 2714 [169/1154], 2715 [170/1154]

⁷ Sunan Abu Dawud Sahih 2458; Jami’ At-Tirmidhi Sahih 782

⁸ Jami’ At-Tirmidhi Hasan 765

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“I [Habib bin Zaid (ra)] heard a freed slave of ours called Laila (ra) narrating from Umm ‘Amarah bint Ka’b Al-Ansari (ra) that the Prophet [saws] entered upon her and some food was brought to him. He said, ‘Eat.’ She said, ‘I am fasting.’ So the Messenger of Allah [saws] said, ‘Indeed the angels send *salah* upon the fasting person when [others] eat in his presence until they finish.’ And perhaps he said, ‘Until they have eaten their fill.’”⁹

NO SIN IN ABORTING A VOLUNTARY FAST

“The Messenger of Allah [saws] passed by my door. He said, ‘Do you have anything [to eat]?’ I [‘A’ishah (ra)] said, ‘I do not have anything.’ He said, ‘Then I am fasting.’” She said, ‘Then he passed by my door a second time and we had been given some *Hais*. I brought it to him and he ate and I was surprised. I said, ‘O Messenger of Allah [saws] you entered upon me and you were fasting then you ate *Hais*.’ He said, ‘Yes O ‘A’ishah (ra). The one who observes a fast other than in Ramadan or making up a missed Ramadan fast is like a man who allocated some of his wealth to give in charity; if he wishes he may go ahead and give it and if he wishes he may keep it.’”¹⁰

TO PRAY FOR THE HOST WHEN INVITED FOR A MEAL

“The Messenger of Allah [saws] said, ‘If one of you is fasting and is invited to a meal then let him say, ‘I am fasting.’”¹¹

“The Messenger of Allah [saws] said, ‘If one of you is invited then let him accept. If he is not fasting then let him eat and if he is fasting then let him pray.’”¹²

FASTING SIX DAYS OF *SHAWWAL*

“Whoever fasts Ramadan then follows it with six days of *Shawwal* it is as if he fasted a lifetime.”¹³

“Whoever fasts six days after *Fitr* will have completed the year for whoever does a good deed will have the reward of ten like it.”¹⁴

FASTING THE FIRST NINE DAYS OF *DHUL-HIJJAH*

“One of the wives of the Prophet [saws] said, ‘The Prophet [saws] used to fast on the day of ‘*Ashura*’, nine days of *Dhul-Hijjah* and three days of each month: the first Monday of the month and two Thursdays.’”¹⁵

“I [‘A’ishah (ra)] did not see the Prophet [saws] fasting at all during the ten [days of *Dhul-Hijjah*].”¹⁶

⁹ Jami’ At-Tirmidhi Hasan 785, Hasan 784

¹⁰ Sunan An-Nasa’i Sahih 2325, Hasan 2324

¹¹ Sunan Abu Dawud Sahih 2461; Sahih Muslim 2702 [159/1150]; Jami’ At-Tirmidhi Sahih 781

¹² Sunan Abu Dawud Sahih 2460; Jami’ At-Tirmidhi Sahih 780

¹³ Sahih Muslim 2758 [204/1164]; Jami’ At-Tirmidhi Sahih 759; Sunan Ibn Majah Sahih 1716; Sunan Abu Dawud Sahih 2433

¹⁴ Sunan Ibn Majah Sahih 1715

¹⁵ Sunan An-Nasa’i Sahih 2374, 2420; Sunan Abu Dawud Sahih 2437

¹⁶ Jami’ At-Tirmidhi Sahih 756; Sunan Ibn Majah Sahih 1729; Sunan Abu Dawud Sahih 2439

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“There are no days in which the righteous deeds are more beloved to Allah [swt] than these days” meaning the [first] ten days [of *Dhul-Hijjah*]. They asked, ‘O Messenger of Allah [saws]! Not even *jihād* in Allah’s Cause?’ He said, ‘Not even *jihād* in Allah’s Cause.’ He said, ‘Except for a man who goes out, himself and his wealth, and does not return with any of that.’”¹⁷

ESPECIALLY THE NINTH DAY OF ‘ARAFAH

“Fasting on the day of ‘*Arafah* I hope from Allah [swt] expiates for the sins of the year before and the year after.”¹⁸

“A man came to the Prophet [saws] and said, ‘O Messenger of Allah! How do you fast?’ The Messenger of Allah [saws] got angry at what he said. When ‘Umar [ra] observed this he said, ‘We are satisfied with Allah [swt] as our Lord Islam as our religion and Muhammad [saws] as our Prophet. We seek refuge in Allah [swt] from the anger of Allah [swt] and the anger of His Messenger.’ Umar [ra] kept on repeating these words until the anger of the Prophet [saws] receded. He then said, ‘O Messenger of Allah [saws]! What about a person who fasts continuously?’ He said, ‘He is neither fasting nor breaking fast.’ He said, ‘O Messenger of Allah [saws]! What about a person who fasts two days and does not fast one day?’ He said, ‘Is there anybody who can do that?’ He said, ‘O Messenger of Allah [saws]! What about a person who fasts for a day and breaks his fast for a day?’ He said, ‘That is the fast of Dawud [as].’ He said, ‘O Messenger of Allah [saws]! What about a person who fasts for a day and breaks his fast for two days?’ He said, ‘I wish I could do that.’ Then the Messenger of Allah [saws] said, ‘[Fasting] three days from every month and Ramadan to Ramadan this is fasting all the time. And fasting the day of ‘*Arafah*; I hope from Allah [swt] that it may expiate for [the sins of] the preceding and the following year. And fasting the day of ‘*Ashura*’; I hope from Allah [swt] that it may atone for the sins of the preceding year.’”¹⁹

It was narrated from Abu Qatadah Al-Ansari [ra] that the Messenger of Allah [saws] was asked about his fasting, and the Messenger of Allah [saws] got angry. ‘Umar [ra] said, ‘We are pleased with Allah [swt] as our Lord Islam as our religion Muhammad [saws] as our Messenger and with our pledge as our oath of allegiance.’ Then he was asked about fasting all the time. He said, ‘He has neither fasted nor broken his fast.’ Then he was asked about fasting two days and breaking the fast for one day and he said, ‘Who is able to do that?’ Then he was asked about fasting one day and breaking the fast for two days, and he said, ‘Would that Allah [swt] had given us the strength to do that.’ Then he was asked about fasting one day and breaking the fast for one day, and he said, ‘That is the fast of my brother Dawud [as].’ He was asked about fasting on Mondays and he said, ‘That is the day on which I was born and the day on which I was sent or on which Revelation came to me.’ He said, ‘Fasting three days of every month, and one Ramadan till the next is like fasting for a lifetime.’ And he was asked about fasting on the day of ‘*Arafah*. He said, ‘It expiates for the past and coming years.’ He was asked about the fasting on the day of ‘*Ashura*’ and he said, ‘It expiates for the past year.’”²⁰

¹⁷ Sunan Abu Dawud Sahih 2438; Sunan Ibn Majah Sahih 1727

¹⁸ Sunan Ibn Majah Sahih 1730

¹⁹ Sunan Abu Dawud Sahih 2425

²⁰ Sahih Muslim 2747 [197/1162]

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PROHIBITED FOR A PILGRIM AT 'ARAFAT DURING HAJJ

"The day of 'Arafah, the day of *Nahr* and the days of *Tashriq* are 'eid for us, the people of Islam, and they are days of eating and drinking."²¹

"I [Ikrimah (ra)] entered upon Abu Hurairah [ra] in his house and asked him about fasting the day of 'Arafah at 'Arafat. Abu Hurairah [ra] said, 'The Messenger of Allah [saws] forbade fasting the day of 'Arafah at 'Arafat.'"²²

"Ibn 'Umar [ra] was asked about fasting [the day of] 'Arafah. He said, 'I performed *Hajj* with the Prophet [saws] and he did not fast it and with Abu Bakr [ra] and he did not fast it and with 'Umar [ra] and he did not fast it and with 'Uthman [ra] and he did not fast it. I do not fast it nor order it nor forbid it."²³

"While the people were with me [Umm Al-Fadl bint Al-Harith (ra)] on the day of 'Arafah they differed as to whether the Prophet [saws] was observing *saum* or not; some said that he was observing *saum* while others said that he was not observing *saum*. So I sent to him a bowl full of milk while he was riding over his camel and he drank it."²⁴

"The people doubted whether the Prophet [saws] was observing *saum* on the day of 'Arafah or not so I [Maimunah (ra)] sent milk while he was standing at 'Arafah he drank it and the people were looking at him."²⁵

FASTING SOME OF THE MONTH OF MUHARRAM

"The Messenger of Allah [saws] said, 'The best fast after Ramadan is Allah's month, *Muharram* and the best prayer after the obligatory prayers is prayer at night."²⁶

"I [A'ishah (ra)] do not know that the Messenger of Allah [saws] recited the whole Qur'an in one night or prayed *Qiyam* until the morning or ever fasted an entire month except Ramadan."²⁷

"The Messenger of Allah [saws] used to fast until we thought he would never stop fasting. And he used to not fast until we thought he would never fast. And he never fasted any complete month apart from Ramadan from the time he came to *Al-Madinah*."²⁸

"I [Abdullah bin Shaqiq (ra)] asked 'A'ishah [ra] about the fasting of the Prophet [saws] and she said, 'He used to fast until we said, 'He has fasted he has fasted.' And he would not fast until we said, 'He is not fasting he is not fasting.' She said, 'And I did not see him fast an entire month since he came to *Al-Madinah* unless it was Ramadan.'"²⁹

²¹ Jami' At-Tirmidhi Hasan 773

²² Sunan Ibn Majah Hasan 1732; Sunan Abu Dawud Hasan 2440

²³ Jami' At-Tirmidhi Sahih 751

²⁴ Sahih Al-Bukhari 1988; Sunan Abu Dawud Sahih 2441; Sahih Muslim 2632 [110/1123], 2635 [111/1123]

²⁵ Sahih Al-Bukhari 1989; Sahih Muslim 2636 [112/1124]

²⁶ Sahih Muslim 2755 [202/1163]; Sunan Abu Dawud Sahih 2429; Jami' At-Tirmidhi Sahih 740; Sunan Ibn Majah Sahih 1742

²⁷ Sunan An-Nasa'i Sahih 2350

²⁸ Sunan Ibn Majah Sahih 1711; Sunan An-Nasa'i Sahih 2348; Sahih Muslim 2724 [178/1157]

²⁹ Sahih Muslim 2719 [174/1156], 2721 [175/1156]; Sunan An-Nasa'i Sahih 2351; Jami' At-Tirmidhi Sahih 768

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ESPECIALLY THE TENTH DAY, 'ASHURA'

"I [Ibn 'Abbas (ra)] never saw the Prophet [saws] seeking to observe *saum* on a day more than this day the day of 'Ashura' or this month the month of Ramadan."³⁰

"One of the wives of the Prophet [saws] said, 'The Prophet [saws] used to fast on the day of 'Ashura', nine days of *Dhul-Hijjah* and three days of each month: the first Monday of the month and two Thursdays."³¹

"The Messenger of Allah [saws] used to fast [the first] nine days of *Dhul-Hijjah* and the day of 'Ashura' and three days every month: the first Monday of the month and Thursday."³²

"There are four things which the Prophet [saws] never gave up: fasting 'Ashura', [fasting during] the ten days, [fasting] three days of each month and praying two *raka'ah* before *Al-Ghadah* [*Fajr*]."³³

THE REWARD FOR FASTING 'ASHURA'

"Fasting the day of 'Ashura' I hope will expiate for the sins of the previous year."³⁴

"A man came to the Prophet [saws] and said, 'O Messenger of Allah! How do you fast?' The Messenger of Allah [saws] got angry at what he said. When 'Umar [ra] observed this he said, 'We are satisfied with Allah [swt] as our Lord Islam as our religion and Muhammad [saws] as our Prophet. We seek refuge in Allah [swt] from the anger of Allah [swt] and the anger of His Messenger.' Umar [ra] kept on repeating these words until the anger of the Prophet [saws] receded. He then said, 'O Messenger of Allah [saws]! What about a person who fasts continuously?' He said, 'He is neither fasting nor breaking fast.' He said, 'O Messenger of Allah [saws]! What about a person who fasts two days and does not fast one day?' He said, 'Is there anybody who can do that?' He said, 'O Messenger of Allah [saws]! What about a person who fasts for a day and breaks his fast for a day?' He said, 'That is the fast of Dawud [as].' He said, 'O Messenger of Allah [saws]! What about a person who fasts for a day and breaks his fast for two days?' He said, 'I wish I could do that.' Then the Messenger of Allah [saws] said, '[Fasting] three days from every month and Ramadan to Ramadan this is fasting all the time. And fasting the day of 'Arafah'; I hope from Allah [swt] that it may expiate for [the sins of] the preceding and the following year. And fasting the day of 'Ashura'; I hope from Allah [swt] that it may atone for the sins of the preceding year."³⁵

PREVIOUSLY OBLIGATORY

"The Messenger of Allah [saws] used to fast 'Ashura' and he ordered [others] to fast it too."³⁶

"The people of *Khaibar* used to fast on the day of 'Ashura' and they took it as a festival and dressed their women in their jewellery and finery on that day. The Messenger of Allah [saws] said, 'Then you [Muslims] should fast [on that day]."³⁷

³⁰ Sahih Al-Bukhari 2006; Sahih Muslim 2662 [131/1132]

³¹ Sunan An-Nasa'i Sahih 2374

³² Sunan Abu Dawud Sahih 2437

³³ Sunan An-Nasa'i Hasan 2418

³⁴ Sunan Ibn Majah Sahih 1738; Jami' At-Tirmidhi Sahih 752

³⁵ Sunan Abu Dawud Sahih 2425; Sahih Muslim 2747 [197/1162]

³⁶ Sunan Ibn Majah Sahih 1733

³⁷ Sahih Muslim 2661 [130/1131]

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“The day of ‘Ashura’ was considered as ‘Eid day by the Jews. So the Prophet [saws] ordered, ‘I recommend you [Muslims] to observe *saum* on this day.’”³⁸

NOW ABROGATED BY OBLIGATORY FASTING IN RAMADAN

“The Prophet [saws] came to *Al-Madinah* and he found the Jews observing a fast. He said, ‘What is this?’ They said, ‘This is the day when Allah [swt] saved Musa [as] and drowned Pharaoh so Musa [as] fasted this day in gratitude.’ The Messenger of Allah [saws] said, ‘We have more right to Musa [as] than you do.’ So he fasted [that day] and enjoined [others] to fast it also.”³⁹

“That was a day [of ‘Ashura’] when the people of Ignorance used to fast. So whoever among you wants to fast may do so and whoever does not want to may leave it.”⁴⁰

“‘Ashura’ was a day we used to fast during *Jahiliyyah*. When [the obligation of fasting] Ramadan was revealed the Messenger of Allah [saws] said, ‘This day is among Allah’s Days,’ so whoever wanted to he would fast it and whoever wanted to he would leave it.”⁴¹

“The Quraish used to fast on ‘Ashura’ during the *Jahiliyyah* and the Messenger of Allah [saws] used to fast on [that day] too. When he emigrated to *Al-Madinah* he fasted this day and ordered that this fast be observed. When [fasting during] the month of Ramadan was enjoined he said, ‘Whoever wishes may fast it and whoever wishes may forsake it.’”⁴²

‘Abdullah bin ‘Umar [ra] narrated that the people of *Jahiliyyah* used to fast on the day of ‘Ashura’ and the Messenger of Allah [saws] and the Muslims fasted it before Ramadan was made obligatory. When the month of Ramadan was made obligatory the Messenger of Allah [saws] said, “‘Ashura’ is one of the days of Allah [swt] so whoever wishes may fast it and whoever wishes may leave it.”⁴³

“Al-Ash’ath bin Qais [ra] entered upon Ibn Mas’ud [ra] when he was eating on the day of ‘Ashura’. He said, ‘O Abu ‘Abdur-Rahman today is the day of ‘Ashura’.’ He said, ‘It was fasted before Ramadan was enjoined and when Ramadan was enjoined it was abandoned. So if you are not fasting come and eat.’”⁴⁴

“The Messenger of Allah [saws] used to enjoin us and encourage us to fast on the day of ‘Ashura’ and he used to check on us when that day came. When Ramadan was enjoined he neither commanded us nor forbade us and he did not check on us.”⁴⁵

“The Prophet [saws] observed the *saum* on the tenth of *Muharram* [‘Ashura’] and ordered [Muslims] to observe *saum* on that day but when the fasting of the month of Ramadan was prescribed the fasting of the ‘Ashura’ was abandoned. ‘Abdullah did not observe fast on that day unless it coincided with his routine fasting by chance.”⁴⁶

³⁸ Sahih Al-Bukhari 2005

³⁹ Sunan Ibn Majah Sahih 1734; Sunan Abu Dawud Sahih 2444; Sahih Muslim 2656 [127/1130], 2658 [128/1130]; Sahih Al-Bukhari 2004

⁴⁰ Sunan Ibn Majah Sahih 1737

⁴¹ Sunan Abu Dawud Sahih 2443

⁴² Sahih Muslim 2637 [113/1125], 2641 [116/1125]; Sunan Abu Dawud Sahih 2442; Sahih Al-Bukhari 1893; Sahih Al-Bukhari 2002; Jami’ At-Tirmidhi Sahih 753

⁴³ Sahih Muslim 2642 [117/1126]

⁴⁴ Sahih Muslim 2651 [124/1127]

⁴⁵ Sahih Muslim 2652 [125/1128]

⁴⁶ Sahih Al-Bukhari 1892

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“Allah’s Messenger [saws] ordered [the Muslims] to observe *saum* on the day of ‘*Ashura*’ and when fasting in the month of Ramadan was prescribed it became optional for one to observe *saum* on that day or not.”⁴⁷

“The Prophet [saws] said, ‘Whoever wishes may observe *saum* on the day of ‘*Ashura*’.”⁴⁸

“Where are your scholars, O people of *Al-Madinah*? I heard the Messenger of Allah [saws] say concerning this day: ‘This is the day of ‘*Ashura*’ and Allah [swt] has not enjoined you to fast [on this day] and I am fasting. So whoever among you wants to fast, let him do so and whoever among you does not want to fast let him not do so.’”⁴⁹

AND ON THE NINTH DAY AS WELL

“I [Al-Hakam bin Al-A’raj (ra)] came to Ibn ‘Abbas (ra) while he was reclining on his *rida*’ at ZamZam and said to him, ‘Tell me about the fast of ‘*Ashura*’.’ He said, ‘When you see the crescent of *Muharram* then count and fast on the ninth day.’ I said, ‘Is this how the Messenger of Allah [saws] used to fast it?’ He said, ‘Yes.’”⁵⁰

“I [Abu Ghatafan bin Tarif Al-Murri (ra)] heard ‘Abdullah bin ‘Abbas (ra) say, ‘When the Messenger of Allah [saws] fasted on the day of ‘*Ashura*’ and enjoined this fast they said, “O Messenger of Allah [saws] it is day that is venerated by the Jews and Christians.” The Messenger of Allah [saws] said, “Next year – if Allah [swt] wills – we will fast on the ninth day.” He said, ‘But the next year the Messenger of Allah [saws] had passed away.’”⁵¹

FASTING SOME OF THE MONTH OF *SHA’BAN*

“I [‘Abdullah bin Shaqiq (ra)] asked ‘A’ishah [ra] about the fasting of the Prophet [saws] and she said, He used to fast until we said, ‘He has fasted he has fasted.’ And he would not fast until we said, ‘He is not fasting he is not fasting.’ She said, ‘And I did not see him fast an entire month since he came to *Al-Madinah* unless it was Ramadan.’”⁵²

“I [Umm Salamah (ra)] did not see the Prophet [saws] fasting two consecutive months except for *Sha’ban* and Ramadan.”⁵³

“Allah’s Messenger [saws] used to observe *saum* till one would say that he would never stop observing *saum* till one would say that he would never observe *saum*. I never saw Allah’s Messenger [saws] observing *saum* for a whole month except the month of Ramadan and did not see him fasting in any month more than in the month of *Sha’ban*.”⁵⁴

⁴⁷ Sahih Al-Bukhari 2001

⁴⁸ Sahih Al-Bukhari 2000

⁴⁹ Sahih Muslim 2653 [126/1129]; Sunan An-Nasa’i Sahih 2373; Sahih Al-Bukhari 2003

⁵⁰ Sahih Muslim 2664 [132/1132]; Sunan Abu Dawud Sahih 2446

⁵¹ Sahih Muslim 2666 [133/1134]; Sunan Abu Dawud Sahih 2445

⁵² Sahih Muslim 2719 [174/1156], 2717 [172/1156], 2718 [173/1156]; Sunan An-Nasa’i Sahih 2351; Jami’ At-Tirmidhi Sahih 768; Sahih Muslim

⁵³ Jami’ At-Tirmidhi Sahih 736; Sunan An-Nasa’i Sahih 2177, 2178; Sunan Ibn Majah Sahih 1648

⁵⁴ Sahih Al-Bukhari 1969; Sunan Abu Dawud Sahih 2434; Sahih Muslim 2721 [175/1156]

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“The Messenger of Allah [saws] would fast until we said he would not break his fast and he would not fast until we said he does not want to fast. And he never fasted any month in full apart from Ramadan from the time he came to *Al-Madinah*.”⁵⁵

“The Messenger of Allah [saws] used to fast until we said, ‘He will not break his fast.’ And he used not to fast until we said, ‘He will not fast.’ And I never saw the Messenger of Allah [saws] fast more in any month than in *Sha’ban*.”⁵⁶

“I [Abu Salamah (ra)] asked ‘A’ishah [ra] about the fasting of the Messenger of Allah [saws] and she said, ‘He used to fast until we would say, ‘He has fasted,’ and he used not to fast until we would say, ‘He is not fasting.’ And I never saw him fast more in any month than he fasted in *Sha’ban*. He used to fast all of *Sha’ban* he used to fast all of *Sha’ban* but a little.”⁵⁷

“The Messenger of Allah [saws] did not fast more in any month of the year than he did in *Sha’ban* and he used to say, ‘Take on as much deeds as you are able to for Allah [swt] does not grow weary but you do.’ And he used to say, ‘The dearest of deeds to Allah [swt] are those that a person does regularly even if they are small.’”⁵⁸

NOT ON OR AFTER THE FIFTEENTH OF *SHA’BAN*

“When half of *Sha’ban* remains then do not fast.”⁵⁹

UNLESS YOU ARE A PROPHET

“The Messenger of Allah [saws] did not fast any month more than *Sha’ban*; he used to fast [all of] it or most of it.”⁶⁰

“The Messenger of Allah [saws] used to fast until we said, ‘He will not stop fasting,’ and he used not to fast until we said, ‘He will not fast.’ And he used to fast *Sha’ban* or most of *Sha’ban*.”⁶¹

“He [saws] used to fast all of *Sha’ban* until he joined it to Ramadan.”⁶²

THE VIRTUE OF FASTING *SHA’BAN*

“I [Usamah bin Zaid (ra)] said, ‘O Messenger of Allah [saws] I do not see you fasting any month as much as *Sha’ban*.’ He said, ‘That is a month to which people do not pay much attention between *Rajab* and Ramadan. It is a month in which the deeds are taken up to the Lord of the worlds, and I like that my deeds to be taken up when I am fasting.’”⁶³

FASTING MONDAYS AND THURSDAYS

“The Messenger of Allah [saws] used to be keen to fast on Mondays and Thursdays.”⁶⁴

⁵⁵ Sunan An-Nasa’i Sahih 2348; Sahih Muslim 2724 [178/1157]

⁵⁶ Sunan An-Nasa’i Sahih 2353

⁵⁷ Sahih Muslim 2722 [176/1156]

⁵⁸ Sahih Muslim 2723 [177/782]

⁵⁹ Jami’ At-Tirmidhi Sahih 738; Sunan Ibn Majah Sahih 1651

⁶⁰ Sunan An-Nasa’i Sahih 2356

⁶¹ Sunan An-Nasa’i Sahih 2179

⁶² Sunan Ibn Majah Sahih 1649

⁶³ Sunan An-Nasa’i Hasan 2359

⁶⁴ Sunan An-Nasa’i Hasan 2362, 2363, 2364, 2365, 2366; Sunan Ibn Majah Sahih 1739; Jami’ At-Tirmidhi Sahih 745

VOLUNTARY FASTING

“I [Usamah bin Zaid (ra)] said, ‘O Messenger of Allah [saws] sometimes you fast and you hardly ever break your fast and sometimes you do not fast and you hardly ever fast and sometimes you do not fast and you hardly ever fast except for two days which if you are fasting you include them in your fast and if you are not fasting then you fast them on your own.’ He said, ‘Which two days?’ I said, ‘Monday and Thursday.’ He said, ‘Those are two days in which deeds are shown to the Lord of the worlds, and I like my deeds to be shown when I am fasting.’”⁶⁵

“O Messenger of Allah [saws] why do you fast on Mondays and Thursdays?” He said, “On Mondays and Thursdays Allah [swt] forgives every Muslim except two who have forsaken one another. He says, ‘Leave these two until they reconcile.’”⁶⁶

FASTING THREE DAYS OF EVERY MONTH

“The Messenger of Allah [saws] commanded me [Abu Hurairah (ra)] to pray two *raka'ah* of *duha* and not to sleep until I had prayed *Witr* and to fast three days each month.”⁶⁷

“The Messenger of Allah [saws] enjoined three things upon me [Abu Hurairah (ra)]: to sleep after praying *Witr*, to perform *ghusl* on Friday and to fast three days of each month.”⁶⁸

“I [Mu'Adhah Al-'Adawiyah (ra)] said to 'A'ishah [ra], ‘Did the Messenger of Allah [saws] fast three days every month?’ She said, ‘Yes.’ I said, ‘Which days of the month would he fast?’ She said, ‘He was not specific about any particular day of the month he fasted.’”⁶⁹

“A man came to the Messenger of Allah [saws] and said, ‘O Messenger of Allah [saws] what do you say about a man who fasted for the rest of his life?’ The Messenger of Allah [saws] said, ‘I wish that he would never eat for the rest of his life.’ He said, ‘Two-thirds [of a lifetime]?’ He said, ‘That is too much.’ He said, ‘Half?’ He said, ‘That is too much.’ He said, ‘Shall I not tell you of that which will take away impurity from the heart?’ He said, ‘Yes.’ He said, ‘Fasting for three days each month.’”⁷⁰

“I [Abu Hurairah (ra)] heard the Messenger of Allah [saws] say, ‘The month of patience [Ramadan] and three days of each month is fasting for a lifetime.’”⁷¹

“I [‘Uthman bin Abi Al-'As (ra)] heard the Messenger of Allah [saws] say, ‘It is a good fast to fast three days of each month.’”⁷²

“I [Al-Hurr bin Sayyah (ra)] heard Ibn ‘Umar [ra] say, ‘The Prophet [saws] used to fast three days of each month.’”⁷³

⁶⁵ Sunan An-Nasa'i Hasan 2360

⁶⁶ Sunan Ibn Majah Hasan 1740

⁶⁷ Sunan An-Nasa'i Sahih 2371, 2406, 2408; Sahih Al-Bukhari 1981; Jami' At-Tirmidhi Hasan 760

⁶⁸ Sunan An-Nasa'i Sahih 2407, 2409

⁶⁹ Sunan Abu Dawud Sahih 2453; Sahih Muslim 2744 [194/1160]; Sunan Ibn Majah Sahih 1709

⁷⁰ Sunan An-Nasa'i Sahih 2388, 2387

⁷¹ Sunan An-Nasa'i Sahih 2410

⁷² Sunan An-Nasa'i Sahih 2413

⁷³ Sunan An-Nasa'i Sahih 2415

VOLUNTARY FASTING

“I [father of Abu Nawfal bin Abi ‘Aqrab (ra)] asked the Messenger of Allah [saws] about fasting and he said, ‘Fast one day of the month.’ I said, ‘O Messenger of Allah [saws] let me do more let me do more.’ He said, ‘You are saying, “O Messenger of Allah [saws] let me do more let me do more?” Then fast two days of each month.’ I said, ‘O Messenger of Allah [saws] let me do more let me do more; I am able.’ He said, ‘Let me do more, let me do more; I am able for it.’ Then the Messenger of Allah [saws] fell silent until I thought that he was going to refuse my request. Then he said, ‘Fast three days of each month.’”⁷⁴

“The Messenger of Allah [saws] would fast during the beginning of every month for three days and Friday was the least of the days that he did not fast.”⁷⁵

“The Messenger of Allah [saws] used to fast – meaning from the *ghurrah* [beginning] of each month – three days.”⁷⁶

REWARD FOR FASTING THREE DAYS EVERY MONTH

“The Messenger of Allah [saws] was told that I [‘Abdullah bin ‘Amr bin Al-‘As (ra)] had said, ‘I shall most certainly spend my nights in standing [in prayer] and my days fasting for as long as I live.’ The Messenger of Allah [saws] said, ‘Are you the one who said that?’ I said to him, ‘I did say it O Messenger of Allah [saws].’ The Messenger of Allah [saws] said, ‘You are not able to do that. Fast and break your fast sleep and get up [to pray]. Fast three days every month for each deed brings a tenfold reward, and that will be like fasting for a lifetime.’ I said, ‘I am able to do better than that.’ He said, ‘Fast one day and break your fast for two days.’ I said, ‘I am able to do better than that O Messenger of Allah [saws].’ He said, ‘Fast one day and break your fast one day. That is the fast of Dawud peace be upon him and it is the best of fasting.’ I said, ‘I am able to do better than that.’ The Messenger of Allah [saws] said, ‘There is nothing better than that.’ If I had accepted the three days that the Messenger of Allah [saws] spoke of that would have been dearer to me than my family and my wealth.”⁷⁷

“The Messenger of Allah [saws] entered my apartment and said, ‘I have been told that you stand all night [in prayer] and fast all day.’ I [‘Abdullah bin ‘Amr bin Al-‘As (ra)] said, ‘Yes.’ He said, ‘Do not do that. Sleep and stand [in prayer]; fast and break your fast. For your eyes have a right over you, your body has a right over you, your wife has a right over you, your guest has a right over you and your friend has a right over you. I hope that you will have a long life and that it will be sufficient for you to fast three days of each month. That is fasting for a lifetime because a good deed is equal to ten like it.’ I said, ‘I feel able to do more.’ I was strict, so I was dealt with strictly. He said, ‘Fast three days each week.’ I said, ‘I am able to do more than that.’ I was strict, so I was dealt with strictly. He said, ‘Observe the fast of the Prophet of Allah [swt], Dawud peace be upon him.’ I said, ‘What was the fast of Dawud?’ He said, ‘Half of a lifetime.’”⁷⁸

⁷⁴ Sunan An-Nasa’i Sahih 2435, 2436

⁷⁵ Jami’ At-Tirmidhi Hasan 742

⁷⁶ Sunan Abu Dawud Hasan 2450

⁷⁷ Sahih Muslim 2729 [181/1159]; Sahih Al-Bukhari 1976; Sunan Abu Dawud Sahih 2427

⁷⁸ Sunan An-Nasa’i Sahih 2393; Sahih Al-Bukhari 1975

VOLUNTARY FASTING

“A man came to the Prophet [saws] and said, ‘O Messenger of Allah! How do you fast?’ The Messenger of Allah [saws] got angry at what he said. When ‘Umar [ra] observed this he said, “We are satisfied with Allah [swt] as our Lord Islam as our religion and Muhammad [saws] as our Prophet. We seek refuge in Allah [swt] from the anger of Allah [swt] and the anger of His Messenger.’ Umar [ra] kept on repeating these words until the anger of the Prophet [saws] receded. He then said, ‘O Messenger of Allah [saws]! What about a person who fasts continuously?’ He said, ‘He is neither fasting nor breaking fast.’ He said, ‘O Messenger of Allah [saws]! What about a person who fasts two days and does not fast one day?’ He said, ‘Is there anybody who can do that?’ He said, ‘O Messenger of Allah [saws]! What about a person who fasts for a day and breaks his fast for a day?’ He said, ‘That is the fast of Dawud [as].’ He said, ‘O Messenger of Allah [saws]! What about a person who fasts for a day and breaks his fast for two days?’ He said, ‘I wish I could do that.’ Then the Messenger of Allah [saws] said, ‘[Fasting] three days from every month and Ramadan to Ramadan this is fasting all the time. And fasting the day of ‘*Arafah*’; I hope from Allah [swt] that it may expiate for [the sins of] the preceding and the following year. And fasting the day of ‘*Ashura*’; I hope from Allah [swt] that it may atone for the sins of the preceding year.”⁷⁹

FIRST MONDAY AND THURSDAY, SECOND THURSDAY

“One of the wives of the Prophet [saws] said, “The Prophet [saws] used to fast on the day of ‘*Ashura*’, nine days of *Dhul-Hijjah* and three days of each month: the first Monday of the month and two Thursdays.”⁸⁰

“The Messenger of Allah [saws] used to fast three days of each month: the first Monday of the month, then Thursday, then the following Thursday.”⁸¹

FIRST MONDAY AND THURSDAY, SECOND MONDAY

“The Messenger of Allah [saws] used to fast three days of every month: the Monday and Thursday of the first week and the Monday of the following week.”⁸²

FIRST THURSDAY, SECOND MONDAY, THIRD MONDAY

“The Messenger of Allah [saws] used to enjoin fasting three days: the first Thursday, and Monday and Monday.”⁸³

THE DAYS OF *AL-BIDH*

“O Abu Dharr [ra]! When you fast three days out of a month then fast the thirteenth fourteenth and fifteenth.”⁸⁴

“Fasting three days of each month is fasting for a lifetime and the shining days of *Al-Bidh*, the thirteenth fourteenth and fifteenth.”⁸⁵

⁷⁹ Sunan Abu Dawud Sahih 2425; Sahih Muslim 2747 [197/1162]

⁸⁰ Sunan An-Nasa'i Sahih 2374

⁸¹ Sunan An-Nasa'i Hasan 2417

⁸² Sunan An-Nasa'i Sahih 2367; Hasan 2368; Sunan Abu Dawud Hasan 2451

⁸³ Sunan An-Nasa'i Sahih 2421

⁸⁴ Jami' At-Tirmidhi Hasan 761; Sunan An-Nasa'i Hasan 2424, 2425

⁸⁵ Sunan An-Nasa'i Sahih 2422

VOLUNTARY FASTING

“The Messenger of Allah [saws] would not break the fast on the days of *Al-Bidh* [thirteenth, fourteenth and fifteenth day of any Islamic month] whether he was a resident or travelling.”⁸⁶

“The Messenger of Allah [saws] used to fast three days in the middle of every month and he rarely did not fast on Fridays.”⁸⁷

“A rabbit that a man had grilled was brought to the Prophet [saws] and when he offered it to him he said, ‘O Messenger of Allah [saws] I saw some blood on it.’ The Messenger of Allah [saws] did not eat it, but he said to those who were with him, ‘Eat; if I felt like it, I would have eaten it.’ There was a man sitting and the Messenger of Allah [saws] said, ‘Come and eat with the people.’ He said, ‘O Messenger of Allah [saws] I am fasting.’ He said, ‘Why don’t you fast *Al-Bidh*?’ He said, ‘What are they?’ He said, ‘The thirteenth fourteenth and fifteenth.’”⁸⁸

FASTING ON ALTERNATE DAYS

“The Messenger of Allah [saws] said, ‘The dearest of fasting to Allah [swt] is the fast of Dawud [as] and the dearest of prayer to Allah [swt] is the prayer of Dawud [as]. He used to sleep for half of the night get up and pray for one-third of it and sleep for one-sixth of it, and he used to fast one day and not the next.’”⁸⁹

“The Messenger of Allah [saws] was told that I [‘Abdullah bin ‘Amr bin Al-‘As (ra)] had said, ‘I shall most certainly spend my nights in standing [in prayer] and my days fasting for as long as I live.’ The Messenger of Allah [saws] said, ‘Are you the one who said that?’ I said to him, ‘I did say it O Messenger of Allah [saws].’ The Messenger of Allah [saws] said, ‘You are not able to do that. Fast and break your fast sleep and get up [to pray]. Fast three days every month for each deed brings a tenfold reward, and that will be like fasting for a lifetime.’ I said, ‘I am able to do better than that.’ He said, ‘Fast one day and break your fast for two days.’ I said, ‘I am able to do better than that O Messenger of Allah [saws].’ He said, ‘Fast one day and break your fast one day. That is the fast of Dawud peace be upon him, and it is the best of fasting.’ I said, ‘I am able to do better than that.’ The Messenger of Allah [saws] said, ‘There is nothing better than that.’ If I had accepted the three days that the Messenger of Allah [saws] spoke of that would have been dearer to me than my family and my wealth.’”⁹⁰

“The Messenger of Allah [saws] entered my apartment and said, ‘I have been told that you stand all night [in prayer] and fast all day.’ I [‘Abdullah bin ‘Amr bin Al-‘As (ra)] said, ‘Yes.’ He said, ‘Do not do that. Sleep and stand [in prayer]; fast and break your fast. For your eyes have a right over you, your body has a right over you, your wife has a right over you, your guest has a right over you and your friend has a right over you. I hope that you will have a long life and that it will be sufficient for you to fast three days of each month. That is fasting for a lifetime because a good deed is equal to ten like it.’ I said, ‘I feel able to do more.’ I was strict, so I was dealt with strictly. He said, ‘Fast three days each week.’ I said, ‘I am able to do more than that.’ I was strict, so I was dealt with strictly. He said, ‘Observe the fast of the Prophet of Allah [swt], Dawud peace be upon him.’ I said, ‘What was the fast of Dawud?’ He said, ‘Half of a lifetime.’”⁹¹

⁸⁶ Sunan An-Nasa’i Hasan 2347

⁸⁷ Sunan An-Nasa’i Hasan 2370

⁸⁸ Sunan An-Nasa’i Sahih 2431, Sahih 2423

⁸⁹ Sahih Muslim 2739 [189/1159], 2740 [190/1159]; Sunan Abu Dawud Sahih 2448; Sunan Ibn Majah Sahih 1712; Sunan An-Nasa’i Sahih 2346

⁹⁰ Sahih Muslim 2729 [181/1159]; Sahih Al-Bukhari 1976; Sunan Abu Dawud Sahih 2427

⁹¹ Sunan An-Nasa’i Sahih 2393; Sahih Al-Bukhari 1975

VOLUNTARY FASTING

“The news of my observing *saum* daily and offering *salah* every night throughout the night reached the Prophet [saws]. So he sent for me, or I met him and he said, ‘I have been informed that you observe *saum* every day and offer *salah* every night. Observe *saum* [for some days] and give it up [for some days] offer *salah* and sleep for your eyes have a right on you and your body and your family have a right on you.’ I replied, ‘I have more strength than that.’ The Prophet [saws] said, ‘Then observe *saum* like the *saum* of Dawud [as].’ I said, ‘How?’ He replied, ‘He used to observe *saum* on alternate days and he used not to flee on meeting the enemy.’ I said, ‘From where can I get the chance O Allah’s Prophet [saws]?’ So the Prophet [saws] said twice, ‘Whoever observes *saum* daily throughout his life is just as the one who does not observe *saum* at all.’”⁹²

PROHIBITED TO FAST WITHOUT BREAKING THE FAST [AL-WISAL]

“The Prophet [saws] said, ‘Do not practice *al-wisal*.’ The people said to the Prophet [saws], ‘But you practice *al-wisal*?’ The Prophet [saws] replied, ‘I am not like any of you for I am given food and drink [by Allah (swt)] during the night.’”⁹³

“Allah’s Messenger [saws] forbade *al-wisal*. The people said, ‘But you practice it?’ He said, ‘I am not like you for I am given food and drink [by Allah (swt)].’”⁹⁴

“The Prophet [saws] said twice, ‘Be cautious! Do not practice *al-wisal*.’ The people said to him, ‘But you practice *al-wisal*?’ The Prophet [saws] replied, ‘My Lord gives me food and drink during the night. Do that much of deeds that are within your ability.’”⁹⁵

“Allah’s Messenger [saws] forbade *al-wisal* with mercy to them. They said to them, ‘But you practice *al-wisal*?’ He said, ‘I am not similar to you for my Lord gives me food and drink.’”⁹⁶

“We were with the Messenger of Allah [saws] and we passed by a man. They said, ‘O Prophet of Allah this man has not broken his fast for such and such a time.’ He said, ‘He has neither fasted nor broken his fast.’”⁹⁷

“It was said, ‘O Messenger of Allah [saws] so-and-so never broke his fast even for one day for the rest of his life.’ He said, ‘He has neither fasted nor broken his fast.’”⁹⁸

“The Messenger of Allah [saws] was praying in Ramadan and I came and stood beside him and another man came and stood too until there was a group of us. When the Prophet [saws] realised that I was behind him, he made his prayer brief. Then he went to his abode and offered a prayer such as he did not pray with us. The next morning we said to him, ‘Did you notice us last night?’ He said, ‘Yes. That is what made me do what I did.’ The Messenger of Allah [saws] started to perform *wisal* at the end of the month and some of his Companions began performing *wisal*. The Prophet [saws] said, ‘What is the matter with men who perform *wisal*? You are not like me. By Allah [swt] if the month were to be lengthened for me I would fast continuously, and those who go to extremes would give up their extreme ways.’”⁹⁹

⁹² Sahih Al-Bukhari 1977; Sahih Muslim 2734 186/1159]

⁹³ Sahih Al-Bukhari 1961; Jami’ At-Tirmidhi Sahih 778

⁹⁴ Sahih Al-Bukhari 1962; Sunan Abu Dawud Sahih 2360; Sahih Muslim 2564 [56/1102], 2563 [55/1102]

⁹⁵ Sahih Al-Bukhari 1966

⁹⁶ Sahih Al-Bukhari 1964; Sahih Muslim 2572 [61/1105]

⁹⁷ Sunan An-Nasa’i Sahih 2384

⁹⁸ Sunan An-Nasa’i Sahih 2381

⁹⁹ Sahih Muslim 2570 [59/1104]

VOLUNTARY FASTING

“Allah’s Messenger [saws] forbade *al-wisal* in observing *As-Saum*. So one of the Muslims said to him, ‘But you practice *al-wisal* O Allah’s Messenger [saws]!’ The Prophet [saws] replied, ‘Who amongst you is similar to me? I am given food and drink during the night by my Lord.’ So when the people refused to stop *al-wisal* the Prophet [saws] observed *saum* day and night continuously along with them for a day and then another day and then they saw the crescent-moon [of the month of *Shawwal*]. The Prophet [saws] said to them, ‘If it [the crescent] had not appeared I would have made you observe *saum* for a longer period.’ That was as a punishment for them when they refused to stop [practicing *al-wisal*].”¹⁰⁰

“The Messenger of Allah [saws] forbade *al-wisal*. A man among the Muslims said, ‘But you practice *wisal* O Messenger of Allah [saws].’ The Messenger of Allah [saws] said, ‘Who among you is like me? During the night, my Lord feeds me and gives me to drink.’ When they refused to stop practicing *wisal* he fasted continuously with them day after day then they saw the crescent. He said, ‘If the crescent had been delayed I would have made you fast more,’ as if he wanted to teach them a lesson when they refused to stop.”¹⁰¹

UNLESS BREAKING THE FAST BY THE FOLLOWING DAWN

“Do not *saum* continuously and if you intend to lengthen your *saum* then carry it on only till the *sahur* [before the following dawn]” The people said to him, “But you practice [*al-wisal*] O Allah’s Messenger [saws]!” He replied, “I am not similar to you for during the night I have One Who makes me eat and drink.”¹⁰²

“Do not fast *wisal*. If any one of you wants to fast continuously he should only do so until prior to dawn.” They said, “But you practice *wisal*.” He said, “I am not like you I have One Who provides me with food and provides me with drink.”¹⁰³

“Allah’s Messenger [saws] said, ‘Do not observe *saum* continuously day and night and if any one of you intends to *saum* continuously day and night he should continue till the *sahur* [before the following dawn].’ They said, ‘But you practice *al-wisal* O Allah’s Messenger [saws]!’ The Prophet [saws] said, ‘I am not similar to you; during the night I have One Who makes me eat and drink.’”¹⁰⁴

PROHIBITED TO FAST EVERY DAY

“It was said, ‘O Messenger of Allah [saws]! What is the case of the one who fasts daily?’ He said, ‘He did not fast nor break [the fast].’”¹⁰⁵

“The Messenger of Allah [saws] said, ‘Whoever fasts every day of his life then he has neither fasted nor broken his fast.’”¹⁰⁶

“The Messenger of Allah [saws] said, ‘The one who fasts every day of his life has neither fasted nor broken the fast.’”¹⁰⁷

¹⁰⁰ Sahih Al-Bukhari 1965

¹⁰¹ Sahih Muslim 2566 [57/1103]

¹⁰² Sahih Al-Bukhari 1963

¹⁰³ Sunan Abu Dawud Sahih 2361

¹⁰⁴ Sahih Al-Bukhari 1967

¹⁰⁵ Jami’ At-Tirmidhi Sahih 767

¹⁰⁶ Sunan An-Nasa’i Sahih 2376

¹⁰⁷ Sunan An-Nasa’i Sahih 2379, 2377, 2378

VOLUNTARY FASTING

“The Prophet said, ‘Whoever fasts continually he neither fasts nor breaks his fast.’”¹⁰⁸

“There is no fasting for one who fasts continually.”¹⁰⁹

A man came to the Messenger of Allah [saws] and said, ‘O Messenger of Allah [saws] what do you say about a man who fasted for the rest of his life?’ The Messenger of Allah [saws] said, ‘I wish that he would never eat for the rest of his life.’ He said, ‘Two-thirds [of a lifetime]?’ He said, ‘That is too much.’ He said, ‘Half?’ He said, ‘That is too much.’ He said, ‘Shall I not tell you of that which will take away impurity from the heart?’ He said, ‘Yes.’ He said, ‘Fasting for three days each month.’”¹¹⁰

“A man came to the Prophet [saws] and said, ‘O Messenger of Allah! How do you fast?’ The Messenger of Allah [saws] got angry at what he said. When ‘Umar [ra] observed this he said, ‘We are satisfied with Allah [swt] as our Lord Islam as our religion and Muhammad [saws] as our Prophet. We seek refuge in Allah [swt] from the anger of Allah [swt] and the anger of His Messenger.’ Umar [ra] kept on repeating these words until the anger of the Prophet [saws] receded. He then said, ‘O Messenger of Allah [saws]! What about a person who fasts continuously?’ He said, ‘He is neither fasting nor breaking fast.’ He said, ‘O Messenger of Allah [saws]! What about a person who fasts two days and does not fast one day?’ He said, ‘Is there anybody who can do that?’ He said, ‘O Messenger of Allah [saws]! What about a person who fasts for a day and breaks his fast for a day?’ He said, ‘That is the fast of Dawud [as].’ He said, ‘O Messenger of Allah [saws]! What about a person who fasts for a day and breaks his fast for two days?’ He said, ‘I wish I could do that.’ Then the Messenger of Allah [saws] said, ‘[Fasting] three days from every month and Ramadan to Ramadan this is fasting all the time. And fasting the day of *Arafah*; I hope from Allah [swt] that it may expiate for [the sins of] the preceding and the following year. And fasting the day of *Ashura*; I hope from Allah [swt] that it may atone for the sins of the preceding year.’”¹¹¹

“The Messenger of Allah [saws] entered my apartment and said, ‘I have been told that you stand all night [in prayer] and fast all day.’ I [‘Abdullah bin ‘Amr bin Al-‘As (ra)] said, ‘Yes.’ He said, ‘Do not do that. Sleep and stand [in prayer]; fast and break your fast. For your eyes have a right over you, your body has a right over you, your wife has a right over you, your guest has a right over you and your friend has a right over you. I hope that you will have a long life and that it will be sufficient for you to fast three days of each month. That is fasting for a lifetime because a good deed is equal to ten like it.’ I said, ‘I feel able to do more.’ I was strict, so I was dealt with strictly. He said, ‘Fast three days each week.’ I said, ‘I am able to do more than that.’ I was strict, so I was dealt with strictly. He said, ‘Observe the fast of the Prophet of Allah [swt], Dawud peace be upon him.’ I said, ‘What was the fast of Dawud?’ He said, ‘Half of a lifetime.’”¹¹²

¹⁰⁸ Sunan Ibn Majah Sahih 1705, Sahih 2382

¹⁰⁹ Sunan Ibn Majah Sahih 1706

¹¹⁰ Sunan An-Nasa'i Sahih 2388, 2387

¹¹¹ Sunan Abu Dawud Sahih 2425

¹¹² Sunan An-Nasa'i Sahih 2393; Sahih Al-Bukhari 1975

VOLUNTARY FASTING

“The news of my observing *saum* daily and offering *salah* every night throughout the night reached the Prophet [saws]. So he sent for me, or I met him and he said, ‘I have been informed that you observe *saum* every day and offer *salah* every night. Observe *saum* [for some days] and give it up [for some days] offer *salah* and sleep for your eyes have a right on you and your body and your family have a right on you.’ I replied, ‘I have more strength than that.’ The Prophet [saws] said, ‘Then observe *saum* like the *saum* of Dawud [as].’ I said, ‘How?’ He replied, ‘He used to observe *saum* on alternate days and he used not to flee on meeting the enemy.’ I said, ‘From where can I get the chance O Allah’s Prophet [saws]?’ So the Prophet [saws] said twice, ‘Whoever observes *saum* daily throughout his life is just as the one who does not observe *saum* at all.’”¹¹³

PROHIBITED TO FAST FRIDAYS UNLESS FASTED ON THURSDAY OR FOLLOWING SATURDAY

“I [Muhammad bin ‘Abbad bin Ja’far (ra)] asked Jabir bin ‘Abdullah [ra] while he was circumambulating the *Ka’bah*, ‘Did the Messenger of Allah [saws] forbid fasting on Friday?’ He said, ‘Yes by the Lord of this House.’”¹¹⁴

“Do not single out the night of Friday for praying *qiyam* and do not single out the day of Friday for fasting unless that coincides with a fast that one [habitually] observes [i.e. Ramadan].”¹¹⁵

It was reported from Juwairiyah bint Al-Harith [ra] that the Prophet [saws] entered upon her on Friday while she was fasting. He said, “Did you fast yesterday?” She said, “No.” He said, “Do you intend to fast tomorrow?” She said, “No.” He said, “Then break your fast.”¹¹⁶

“I [Abu Hurairah (ra)] heard the Prophet [saws] saying, ‘None of you should observe *saum* on Friday unless he observes *saum* a day before or after it.’”¹¹⁷

“The Messenger of Allah [saws] would fast during the beginning of every month for three days and Friday was the least of the days that he did not fast.”¹¹⁸

“The Messenger of Allah [saws] used to fast three days in the middle of every month and he rarely did not fast on Fridays.”¹¹⁹

“I [‘Abdullah bin Mas’ud (ra)] rarely saw the Messenger of Allah [saws] not fasting on a Friday.”¹²⁰

PROHIBITED TO FAST SATURDAY BY ITSELF

“Do not fast on Saturday except for what has been obligatory upon you [i.e. in Ramadan]. If one of you does not find, but a grape peel or a tree’s twig then let him chew it.”¹²¹

¹¹³ Sahih Al-Bukhari 1977; Sahih Muslim 2734 186/1159]

¹¹⁴ Sahih Muslim 2681 [146/1143]; Sunan Ibn Majah Sahih 1724

¹¹⁵ Sahih Muslim 2684 [148/1144]

¹¹⁶ Sunan Abu Dawud Sahih 2422

¹¹⁷ Sahih Al-Bukhari 1985; Sahih Muslim 2683 [147/1144]; Sunan Abu Dawud Sahih 2420; Sunan Ibn Majah Sahih 1723; Jami’ At-Tirmidhi Sahih 743

¹¹⁸ Jami’ At-Tirmidhi Hasan 742

¹¹⁹ Sunan An-Nasa’i Hasan 2370

¹²⁰ Sunan Ibn Majah Hasan 1725

¹²¹ Jami’ At-Tirmidhi Hasan 744; Sunan Abu Dawud Hasan 2421

VOLUNTARY FASTING

The Prophet [saws] visited her [Juwairiya bint Al-Harith (ra)] on a Friday and she was observing *saum*. He asked her, "Did you observe *saum* yesterday?" She said, "No." He said, "Do you intend to observe *saum* tomorrow?" She said, "No." He said, "Then break your *saum*."¹²²

PROHIBITED TO FAST ON DAYS OF 'EID

"I [Abu 'Ubaid (ra)] was present for 'eid with 'Umar bin Al-Khattab [ra]. He started with the prayer before the sermon and said, 'The Messenger of Allah [saws] forbade fasting on these two days, the day of *Fitr* and the day of *Adha*. As for the day of *Fitr* it is the day when you break your fast and one the day of *Adha* you eat the meat of your sacrifices."¹²³

"I [Qaza'ah (ra)] heard a hadith from him that impressed me, so I said to him, 'Did you hear this from the Messenger of Allah [saws]?' He said, 'Would I attribute to the Messenger of Allah [saws] something that I did not hear?' He said, 'I heard him say, "Fasting is not good on two days: the day of *Al-Adha* and the day of *Al-Fitr* after Ramadan."¹²⁴

"The Messenger of Allah [saws] forbade two fasts: the day of *Al-Fitr* and the day of *Al-Adha*."¹²⁵

"A man went to Ibn 'Umar [ra] and said, 'A man vowed to observe *saum* one day and that day happened to be 'eid day.' Ibn 'Umar [ra] said, 'Allah [swt] orders vows to be fulfilled and the Prophet [saws] forbade *saum* on this day."¹²⁶

"The Messenger of Allah [saws] prohibited fasting on two days: on the day of *Al-Fitr* and *Al-Adha* and [he prohibited] two kinds of clothes: *as-samma'* and for a man to sit with his legs drawn up in a single garment [*al-ihtiba'*] and [he prohibited from] *salah* during two hours. After *As-Subh* and after *Al-'Asr*."¹²⁷

"Two *saum* and two kinds of sale are forbidden: observing *saum* on the day of 'Eid-ul-Fitr and 'Eid-ul-Adha and the kinds of sale called *mulamasa* [to have to buy an item for sale that one touches] and *munabadha* [to have to buy an item for sale that the seller throws at you]."¹²⁸

"I [Abu Sa'id Al-Khudri (ra)] heard four things from the Prophet [saws] and they won my admiration. He said, "No lady should travel on a journey of two days except with her husband or a *dhi-mahram*; no *saum* is permissible on the two days of 'Eid-ul-Fitr and 'Eid-ul-Adha; no *salah* [may be offered] after the morning *salah* until the sun rises; and no *salah* after the 'asr prayer till the sun sets; one should travel only for visiting three *masajid*: *Masjid-ul-Haram*, *Masjid-ul-Aqsa* and this mosque [at *Al-Madinah*]."¹²⁹

¹²² Sahih Al-Bukhari 1986

¹²³ Sunan Ibn Majah Sahih 1722; Sahih Muslim 2671 [138/1137]; Sunan Abu Dawud Sahih 2416; Jami' At-Tirmidhi Sahih 771; Sahih Al-Bukhari 1990

¹²⁴ Sahih Muslim 2673 [140/827]

¹²⁵ Sahih Muslim 2676 [143/1140]

¹²⁶ Sahih Al-Bukhari 1994; Sahih Muslim 2675 [142/1139]

¹²⁷ Sunan Abu Dawud Sahih 2417; Sahih Al-Bukhari 1991

¹²⁸ Sahih Al-Bukhari 1993

¹²⁹ Sahih Al-Bukhari 1995

VOLUNTARY FASTING

PROHIBITED TO FAST ON DAYS OF *AT-TASHRIQ*

“The day of *Arafah*, the day of *Nahr* and the days of *Tashriq* are the days of celebration for us, the people of Islam, and they are days of eating and drinking.”¹³⁰

“The days of *Mina* [11th 12th and 13th of *Dhul-Hijjah*] are days of eating and drinking.”¹³¹

“The Messenger of Allah [saws] said, “The days of *At-Tashriq* are days of eating and drinking.”¹³²

“No one will enter Paradise but a believer and the days of *Mina* are days of eating and drinking.”¹³³

It was reported from Malik[ra] from Yazid bin Al-Had [ra] from Abu Murrah [ra] the freed slave of Umm Hani' [ra] that he entered along with 'Abdullah bin 'Amr [ra] upon his father 'Amr bin Al-'As [ra]. He served the two of them some food and said, “Eat.” He said, “I am fasting.” 'Amr [ra] said, “Eat as these are the days in which the Messenger of Allah [saws] ordered us to eat our meals and prohibited us from fasting.” Malik [ra] said, “They were the days of *Tashriq*.”¹³⁴

UNLESS A PILGRIM IN *HAJJ* WHO DID NOT FIND SACRIFICIAL ANIMAL

“My father said that 'A'ishah [ra] used to observe *saum* on the days of *Mina*.”¹³⁵

“Nobody was allowed to observe *saum* on the days of *Tashriq* except those who could not afford the *hady*.”¹³⁶

“Observing *saum* for those to perform *Hajj At-Tamattu'* may be performed up to the day of *Arafah*. And if one does not get a *hady* and has not observed *saum* then one should observe *saum* during the days of *Mina*.”¹³⁷

PROHIBITED TO FAST ON DAYS OF DOUBT BEFORE RAMADAN, UNLESS CUSTOMARY

“The Messenger of Allah [saws] said, ‘Do not fast one or two days ahead of the month [of Ramadan] unless that happens to be a day that one of you habitually fasts.’”¹³⁸

“None of you should observe *saum* for a day or two ahead of Ramadan unless he has the habit of observing *saum* [and if his fasting coincides with that day] then he can observe *saum* on that day.”¹³⁹

¹³⁰ Sunan Abu Dawud Hasan 2419; Jami' At-Tirmidhi Hasan 773

¹³¹ Sunan Ibn Majah Hasan 1719

¹³² Sahih Muslim 2677 [144/1141]

¹³³ Sahih Muslim 2679 [145/1142]; Sunan Ibn Majah Sahih 1720

¹³⁴ Sunan Abu Dawud Sahih 2418

¹³⁵ Sahih Al-Bukhari 1996

¹³⁶ Sahih Al-Bukhari 1997, 1998

¹³⁷ Sahih Al-Bukhari 1999

¹³⁸ Sunan An-Nasa'i Sahih 2176

¹³⁹ Sahih Al-Bukhari 1914; Sahih Muslim 2518 [21/1082]; Sunan An-Nasa'i Sahih 2174, 2175; Sunan Ibn Majah Sahih 1650; Sunan Abu Dawud Sahih 2335

VOLUNTARY FASTING

TO MAKE THEM UP AFTER RAMADAN

It was narrated from 'Imran bin Husain [ra] that the Messenger of Allah [saws] said to him or to someone else, "Did you fast at the end of *Sha'ban*?" He said, "No." He said, "When you have ended the fast [of Ramadan] then fast two days."¹⁴⁰

¹⁴⁰ Sahih Muslim 2751 [199/1161]